

# Tobacco



## BULLETIN

September 1999

Volume 1, Issue 1

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### Is There a Safe Way to Smoke

NO. All cigarettes can cause damage and smoking even a small amount is dangerous. Cigarettes are perhaps the only legal product whose advertised and intended use—that is, smoking them—will hurt the body. Some people try to make smoking safer by smoking fewer cigarettes, but most smokers find this difficult. Some people think that switching from high tar/nicotine cigarettes to those with low tar/nicotine content makes smoking safer, but this does not always happen. When people switch to lower tar and nicotine brands they often smoke more cigarettes or more of each cigarette to get the same

nicotine dose as before. A low-tar cigarette can become a high-tar cigarette when a person takes deeper puffs, puffs more frequently, or smokes cigarettes to a shorter butt length.



### CIGARETTES & LANDFILLS

Unlike food, beverages, medicines, chewing gum, cosmetics, and other things that come into intimate contact with people, cigarettes are not required by the U.S. Government to list ingredients on their labels.

Maybe this is just as well.

This list of additives in cigarettes includes chemicals so toxic they are not allowed to be disposed of in landfills.

### Death in Our Society

"Smoking is the single most important preventable cause of death in our society."

"Smoking is responsible for more than one out of every five deaths in the United States."

"Between 1964 and 1985, ap-

proximately 750,000 smoking-related deaths were avoided or postponed as a result of decisions to quit smoking or not to start. An additional 2 million smoking-related deaths will be postponed or avoided between

1986 and the year 2000."

US Department of Health and Human Services.

A Report of the Surgeon General. Public Health Service. Centers for Disease Control, 1989.

#### Inside this issue:

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#### Special points of interest:

- Switching from high to lower tar/nicotine cigarettes is not safer.
- Chemicals in cigarettes are so toxic they shouldn't be allowed in landfills
- Self Care Handbook to help you quit smoking.

## Tobacco Cessation Classes

Tooele County Health Department offers tobacco cessation classes. The best thing about these classes are you get to do the class at your pace.

The way we do this is through the American Lung Association, Self Care Handbook. The book is called Quitting for Life and provides an excellent opportunity for people who would like to kick the smoking habit.

You probably have been thinking about quitting at one time or another but never

had the time to take a smoking cessation class. Well, this is your opportunity to put your thoughts of quitting into action. Even if you have smoked for years, you can still benefit from quitting.

The booklet contains topics like: The 4 phases of quitting, quitting options, your quitting checklist, why people smoke, why you smoke, planning for change, coping with withdrawal, slips and relapse, exercise, relaxation techniques and much more. This program is only offered here by Tooele

County Health Department. No other county health department offers this excellent way to quit smoking. Let us help you by calling Rich Lakin at 843-2310. **PICKUP YOUR HANDBOOK TODAY!!!**



Now is the time to quit with a Self Care Handbook.

## Crossword puzzle

TOBACCOEWODJCMCNSJDKDLSQTARSHCNVLPOQJAMZ  
NXBCJSJQYWTDKSLAPWIGFJRIAFFLEOJSJMONEXSNW  
OEURUWPWSLSJFPWPQKARCANCEREUWWODKOISJM  
XBZAIWUERCMLFKFJGIEYUETYWIREORIRPNICOTINE  
SECQMUEYVBCNXMCHEMICALSFYEWOPQALZMZMXNEK  
PAPADVERTISINGNVKALZPQOYELLOWTEETHSIOQPECC  
QXTMZPQWIHDNCBVHFJSKZLAOQPWIEURYTHFBVNCMC  
BCIEVERYPUFFYRNVMVZNXBALKDJDUEMUWOENCXXP  
PANLLAOQMUEYZCXVPOIUYBADBREATHFGHJKLZXXQP  
ALSMCNRIHEARTATTACKOCNZKWIWLUNGNAELPROT  
CYEDJDUFJWOWALFNGJDSOIWEAUOWLKSDKLAGOWP  
OQPIPFDCVXNZBFJKFJKRUMPOIWEJNSMNSAJKSAK

**Find the following words that are associated with tobacco use. TOBACCO, NICOTINE, TAR, CANCER, LUNG, CHEMICALS, MONEY, BADBREATH, EVERYPUFF, ADVERTISING, HEARTATTACK, YELLOWTEETH**

## The 5 D's to quitting

### Delay

When you have an urge to use tobacco, try to put off smoking or chewing for at least 5 minutes. Each time, try to put off using just a little longer.

### Drink Water

Drink lots of water and fruit juices. It can help you fight

Hey! I've got the 5 D's to



off cravings.

### Do Something Else

Find something to distract yourself—exercise, move around, take a walk, call a friend, go to a public place where you can't smoke.

### Deep Breathing

Take 10 slow deep breaths. Concentrate on each breath. Breathe in through your nose and out through your mouth. Relax. Close your eyes.

### Discuss with Family and Friends

When you feel an urge to use tobacco, talk about your thoughts and feelings with a family member, close friend or trusted adult.